A cure for Summeritis: Purpose

Local service opportunities for all ages

As the weeks of summer start to pass, your family might get Summeritis. Once you realize your swim-taxi-ing and summer-camp-ing and traveling don’t actually take up all of your time, and when the refrains of “I’m bored” echo through the walls of a home that seem to be closing in on you, you might realize that a summer vacation without purpose really isn’t that great of a vacation after all. You’ve got Summeritis.

Having a purpose greater than ourselves isn’t just good for our mental health, but also for our resilience (how we deal with stress), cognition, and our sense of self. (I didn’t make this up; there’s plenty of research if you just Google it!) Volunteering in your local community is a great way to find your purpose and start reaping those benefits. Here are some local cures for Summeritis you can check out by yourself or with your family:

Friends of Sausal Creek Native Plant Nursery (tinyur1.com/FSCNursery): Love playing in the dirt? Like helping things grow? Work days are afternoons on the 2nd and 4th Saturdays of the month!

CCIH Summer Camps (tinyurl.com/CCIH2019): Sign up to help lead a STEM, Tai Chi, or other summer camp in Concord or Pittsburg!

Contra Costa County Food Bank (volunteer.foodbankccs.org): There are opportunities for families with kids as young as 5 to help bag fresh produce for direct distribution to low-income families.
Furniture needed!

Our parish has been generous in helping two refugee families settle into the Bay Area so far—let’s keep it up with the Amini Family from Afghanistan, who moved to Concord last month!

Please visit tinyurl.com/amini2019 to see what is still needed for their apartment.

Want to get involved on a more personal level? We still need help teaching English to the mom, Ramina!

Do you know someone who should be on the prayer list?

Please take a look at the prayer intention list and let us know if you see anyone who should be removed or added! We would like to stay current with the needs of our parishioners.

Are you interested in Joining a Faith Sharing Group?

The current RCIA Class is planning to form a Faith Sharing Group to gather as a community to share faith and discuss the upcoming Sunday’s scripture. The first gathering of this new FSG will be Tuesday, July 23rd at 7:00 pm in the library of the school building. At this first gathering we will also discuss how often we would like to meet. We have several parishioners already interested in addition to the current RCIA class (Bill Caldwell and William Martin) and RCIA team members (Margaret Govednik and Tony Millette) All are welcome!

Please contact Tony Millette if you would like to join us on the 23rd of July! 254.2426 x303 tmillette@smparish.org

Inspiring local Catholic teen conference

Join more than 50,000 Catholic teens across North America who will attend one of these conferences which call youth to encounter the God who calls us His sons and daughters! Relevant music, inspiring talks, and prayerful moments.

San Ramon Marriott
2600 Bishop Drive, San Ramon
For more info, just Google “Steubenville NorCal.”

Weekly Food Collection

1st/2nd Weekends: St. Cornelius School
3rd/4th Weekends: St. Peter Martyr Church Pantry

Please put all donations in the bins in the Narthex.
We encourage you to register in the parish so that you can receive regular communication via both email and regular mail. Registration information is essential for responding to requests to be sponsors/godparents and other ministries.

Please register at www.santamariaorinda.com/registration